I wonder why we sweat?..

This is quite disturbing, something that most people don’t like to talk about, but I must go on, behold my explanation on sweat! I don’t like to talk about it either but there is some pretty cool information.

To start off with sweat helps your body to stay at an even temperature. Coiled tubes called **sweat glands,** deep down in your skin generates watery sweat. Beads of sweat rise to the surface of your skin through tiny holes in your skin called paws and comes out.